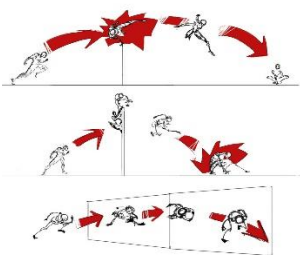


SECOND TERM

WEEKLY LESSON PLAN – B8

WEEK 8

Week Ending: 26-05-2023		Day:	Subject: Physical and Health Education
Duration: 60mins		Strand: Physical Activity Education	
Class: B8	Class Size:		Sub Strand: Organized Sports And Physical Activity Participation
Content Standard: B8.2.3.2 Demonstrate the ability to apply movement concepts, principles and strategies in performing limited-contact sports (e.g. stick and ball sports and hand and ball sports)		Indicator: B8.2.3.2.1: Apply movement concepts, principles and strategies to perform beginning-intermediate level stick and ball sports (e.g. cricket, rounders, chaskele etc.)	Lesson: 1 of 1
Performance Indicator: Learners can identify movement concept, principles to perform in stick and ball sports			Core Competencies: CG5.3: CC9.2: CC9.3:
Reference: P H E Curriculum P.g. 32			
Keywords: enrich, skill employment, space awareness, Squat			
Phase/Duration	Learners Activities		Resources
PHASE 1: STARTER	<p>Start the lesson with a recap of the previous lesson.</p> <p>Allow learners to reflect on what they learnt from the previous lesson relating to muscular strength and endurance</p>		
PHASE 2: NEW LEARNING	<p>Brainstorm learners to come out the meaning of movement concept and movement strategies.</p> <p>Movement concepts are the ideas used to modify or enrich the range and effectiveness of skill employment.</p> <p>Examples are body, space awareness, effort and relationship.</p>  <p>Movement strategies refers to a variety of approaches that will help a player or team to successfully achieve a movement outcome or goal.</p> <p>Guide learners to identify the principles of good movement</p>		Picture/video

	<ol style="list-style-type: none"> 1. Hinge 2. Plank 3. Push and pull 4. Squat, lunge, and rotate <p>Examples of stick and ball sports are cricket, rounders, chaskele etc</p> <p>Assist learners to identify adapted rules and equipment to foster inclusion.</p> <p>Organize small-group competitions to develop confidence, empowerment and collaboration.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Ask learners to do the following by ways of reflecting on the lesson:</p> <ol style="list-style-type: none"> 1. Tell the class what you learnt during the lesson. 2. Tell the class how you will use the knowledge they acquire during the lesson. 3. Which aspects of the lesson did you not understand? 	